

A topographic map of Afghanistan in shades of orange and yellow, showing various locations like Kabul, Kandahar, and Herat. A silhouette of a soldier in full combat gear, including a helmet and carrying a rifle, stands on the right side of the map, looking towards the left. The text is overlaid on the map.

NEVER LET YOUR BUDDY FIGHT alone

Be Willing to Listen

Not all Wounds are Visible

Prevent Suicide.

It is your responsibility to get help for a fellow Soldier

Talk to your Chaplain or a Behavioral Health Professional or Call Military OneSource **1-800-342-9647**

www.militaryonesource.com

 **USACHPPM**
Readiness thru Health

TA-064-0107